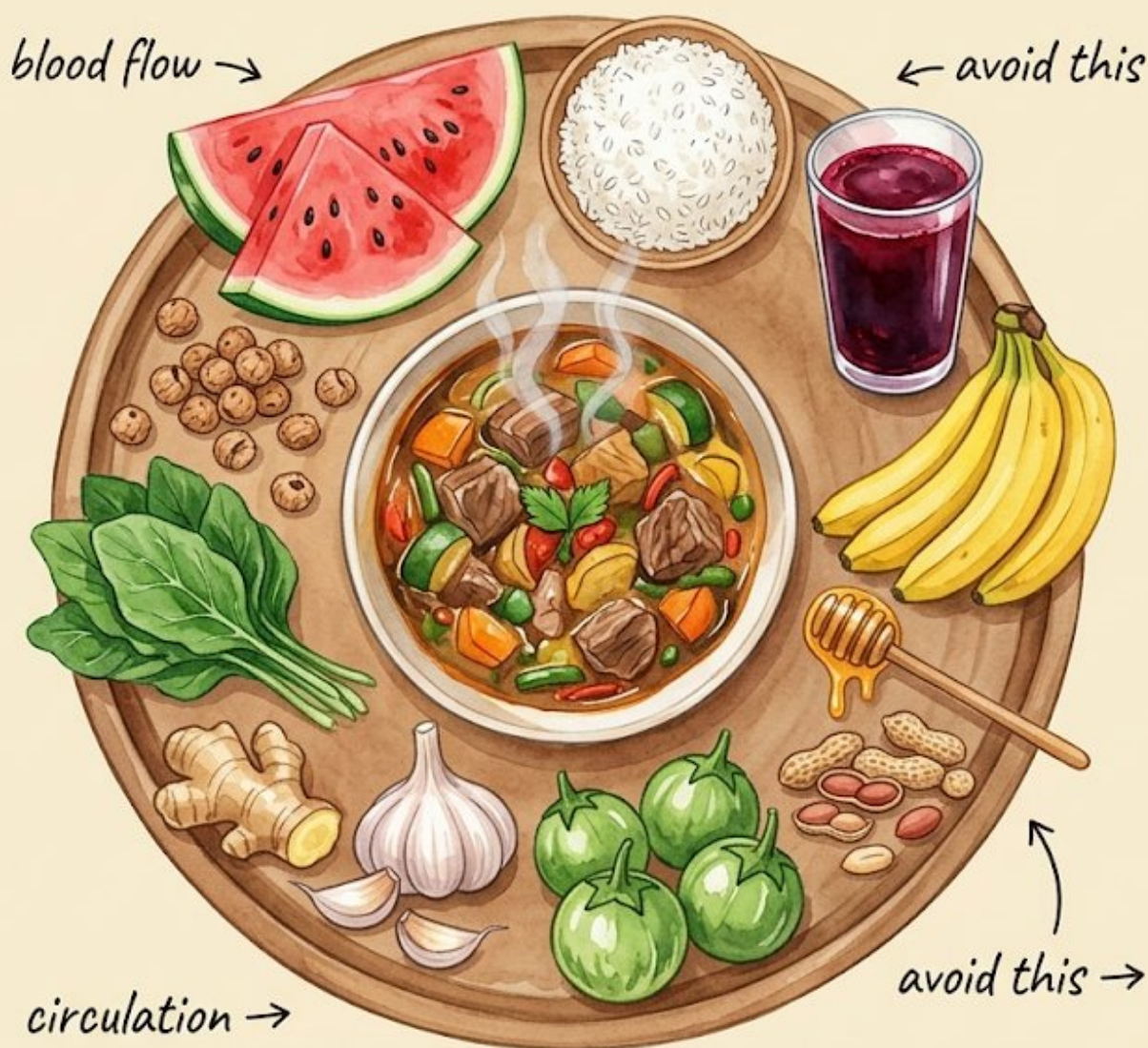


THE PERFORMANCE FOODS GUIDE.

*For Men on Blood Pressure
and Diabetes Medication*



Bonus Guide. The Village Healer's Antidote. ✨

The Performance Foods Guide

What to Eat Every Week to Restore Blood Flow, Rebuild Testosterone, and Support Your Body Naturally

Companion to The Village Healer's Antidote

First Edition. Published by MyCross Health.

Website: mycross.online

Copyright MyCross Health. All rights reserved. No part of this publication may be reproduced, distributed, or transmitted without the prior written permission of the publisher.

IMPORTANT DISCLAIMER

Please Read Before You Begin

This guide is for general educational purposes only. It is not medical advice, a diagnosis, or a treatment plan. Nothing in this guide should be interpreted as a claim that any food, dietary pattern, or meal plan will cure, prevent, or treat erectile dysfunction, low testosterone, high blood pressure, diabetes, or any other medical condition.

The nutritional information and research references in this guide are provided for educational context. They do not constitute dietary prescription. Individual responses to dietary changes vary based on existing health conditions, medications, and metabolic factors specific to each person.

Do not stop, reduce, or adjust any prescribed medication based on anything in this guide. The foods described here work alongside your medication -- they do not replace it.

If you have diabetes, speak with your doctor or a registered dietitian before making significant changes to your diet, particularly changes that may affect your blood sugar management.

INTRODUCTION

Every erection begins with blood flow.

Every blood flow improvement begins with what lines your blood vessels. And what lines your blood vessels is built -- molecule by molecule -- from what you eat.

This is not a complicated idea. But it is one that most men have never been told clearly.

You are already on medication that is managing your blood pressure or your blood sugar. That medication is doing critical work. But two of the most common medications on that list -- beta-blockers like atenolol and diabetes medications like metformin -- have a secondary effect on the very biological pathways that support sexual function: they reduce pelvic blood flow, reduce testosterone, and impair the nitric oxide signalling that blood vessel walls depend on to relax and allow blood to rush in.

Food cannot undo these pharmacological effects entirely. It is not competing with your prescription. What food can do -- consistently, safely, and without any drug interaction risk -- is support the same biological pathways your medication is straining. It can provide the building blocks for nitric oxide production. It can supply the zinc that testosterone synthesis depends on. It can reduce the chronic vascular inflammation that both diabetes and hypertension create over years.

That is the job of this guide.

Every food in it is available in Nigerian markets. Every meal in the seven-day plan uses ingredients you already cook with. This is not a foreign dietary system. It is a purposeful use of what is already on your table.



SECTION ONE

The Science Behind Performance Foods

1.1 -- Nitric Oxide: The Missing Molecule

If there is one biological term worth understanding before reading the rest of this guide, it is nitric oxide.

Nitric oxide -- abbreviated NO -- is a small molecule produced by the cells that line the inside of your blood vessels. Its function is specific and critical: it signals the smooth muscle surrounding those vessels to relax. When the smooth muscle relaxes, the vessels widen. When the vessels widen, blood flows more freely. And in the context of an erection, the blood vessels that must widen are the ones supplying the corpora cavernosa -- the two cylindrical chambers in the penis that fill with blood to produce and maintain an erection.

When nitric oxide production is impaired, those vessels stay narrow. The chambers cannot fill adequately. The erection is weak, brief, or absent.

Low nitric oxide levels have been directly linked to erectile dysfunction in multiple peer-reviewed studies. And nitric oxide production can be impaired by exactly the conditions that bring men to the doctor for blood pressure and diabetes treatment -- endothelial inflammation, reduced circulation, hormonal disruption, and the

medications used to manage these conditions.[1]

The body produces nitric oxide through two pathways. The first uses an enzyme called endothelial nitric oxide synthase (eNOS), which synthesises nitric oxide from the amino acid L-arginine. The second converts dietary nitrates -- compounds abundant in certain vegetables -- into nitrite and then into nitric oxide through a pathway that bypasses the enzyme entirely. This second pathway is entirely food-dependent. It is supported by specific vegetables, fruits, and other foods that are already part of Nigerian cooking -- and it provides a genuine, biologically meaningful contribution to the nitric oxide environment in your blood vessels.

1.2 -- Testosterone and Food

Testosterone does not exist in isolation from nutrition. Its synthesis in the Leydig cells of the testes depends on a series of enzymatic steps that require specific micronutrients -- and when those micronutrients are absent or deficient, testosterone production drops measurably.

The most important of these micronutrients, for men in the situation this guide addresses, is zinc.

A landmark study published in the journal *Nutrition* placed young healthy men on a zinc-restricted diet for 20 weeks. Their testosterone fell from an average of 39.9 nmol/L to just 10.6 nmol/L -- a reduction of approximately 73%.[2] In the same study, elderly men who were already mildly zinc-deficient were given zinc supplementation for three to six months. Their testosterone levels nearly doubled, rising from 8.3 nmol/L to 16.0 nmol/L.

Zinc deficiency suppresses testosterone, and correcting that deficiency restores it. Given that both metformin and several blood pressure medications can modestly reduce zinc levels as a secondary effect, men on these medications are precisely the population most likely to benefit from consistent zinc-rich food intake.[3]

1.3 -- Why Men on Medication Need This More

Metformin reduces testosterone through enzyme inhibition in the testes -- specifically, research suggests it inhibits the StAR protein involved in moving cholesterol into the mitochondria of Leydig cells, where testosterone synthesis begins.[4] Beta-blockers reduce overall circulation, including pelvic blood flow, through the unopposed alpha-receptor stimulation mechanism described in *The Village Healer's Antidote*.

The cumulative result: lower testosterone, reduced nitric oxide availability, and a vascular environment working against the biological requirements for sexual function.

Food is the most accessible, zero-interaction way to partially compensate for these deficits. Partial compensation, applied consistently over months, adds up to a meaningfully different biological environment than the one you are currently operating in. That difference is what this guide is designed to create.

References

[1] Ro.co. *12 Foods That Boost Nitric Oxide for Erectile Dysfunction*. 2026. Citing nitric oxide-endothelial dysfunction-ED pathway research and dietary nitrate mechanisms.

[2] Prasad AS et al. *Zinc status and serum testosterone levels of healthy adults*. *Nutrition*. 1996; 12(5): 344-348. Young men on zinc-restricted diet for 20 weeks: testosterone fell from 39.9 to 10.6 nmol/L. Elderly deficient men on supplementation 3-6 months: testosterone rose from 8.3 to 16.0 nmol/L.

[3] Healthline. *Zinc and Erectile Dysfunction*. 2023. Noting hydrochlorothiazide and ACE inhibitors can reduce zinc levels as a secondary medication effect.

[4] HealthMatch. *Does Metformin Cause Erectile Dysfunction?* 2022. Citing metformin's inhibition of StAR protein and the testosterone steroidogenesis pathway.



SECTION TWO

The Performance Foods Master List

All foods in this list are available in Nigerian markets. Each entry states the mechanism, the specific benefit for men on blood pressure or diabetes medication, and the practical weekly use.

TIER 1 -- NITRIC OXIDE BUILDERS | Essential every week

These foods feed the dietary nitrate pathway that produces nitric oxide in your blood vessel walls.

Watermelon

Watermelon is one of the richest food sources of the amino acid L-citrulline. In the body, L-citrulline is converted to L-arginine, which is then used to produce nitric oxide. Unlike supplementing with L-arginine directly -- which is substantially broken down in the gut before reaching the bloodstream -- L-citrulline from food reaches the bloodstream largely intact and converts to L-arginine at the tissue level, where it is needed.

The clinical evidence is direct. A placebo-controlled trial published in *Urology* (2011) found that 50% of men with mild erectile dysfunction achieved normal erection hardness after one month of L-citrulline supplementation, compared to

just 8.3% on placebo -- a statistically significant result (p less than 0.01). All men who improved reported being very satisfied.[5] This was a study using a concentrated supplement, not watermelon itself -- the citrulline content of fresh watermelon is real but lower than a therapeutic supplement dose. Regular watermelon intake contributes meaningfully to this pathway as a consistent dietary source.

In Nigeria: abundant, affordable, and widely available in season. Eat fresh as sliced fruit or blend into juice without added sugar. The white rind contains the highest concentration of L-citrulline and can be blended with the flesh.

Target: three or more servings per week.

Spinach and Ugwu (Pumpkin Leaf)

Spinach is among the highest dietary sources of inorganic nitrate -- the compound that feeds the nitrate-to-nitrite-to-nitric-oxide conversion pathway. Dietary nitrate from foods like spinach is absorbed in the gut, circulated in the blood, and concentrated in saliva, where oral bacteria convert it to nitrite. Nitrite then enters the stomach and systemic circulation, where it converts to nitric oxide -- increasing nitric oxide availability in blood vessel walls within hours of consumption.[6]

Ugwu -- pumpkin leaf, *Telfairia occidentalis* -- is the functional Nigerian equivalent and carries its own dense micronutrient profile including folate, iron, and antioxidants that support vascular health. Efo riro made heavy with uguwu is not just cultural tradition -- it is a therapeutically relevant meal for men on blood pressure medication. Spinach also contains magnesium, a mineral that plays a direct role in blood vessel dilation and is frequently depleted in men on thiazide diuretics.

Target: at least four servings per week. Use generously in soups, stews, and omelettes.

Beetroot

Beetroot is one of the densest available sources of dietary nitrate per gram. A study of 38 adults found a 21% increase in nitric oxide markers within 45-90 minutes of consuming 70ml of beetroot juice.[7] Nitrate levels in blood peak approximately two to three hours after consuming beetroot, and the vasodilatory effect persists for several hours after that.

Available in Nigerian markets -- most consistently in urban supermarkets and markets in Lagos, Abuja, and Port Harcourt. Can be eaten raw (grated into salads), cooked (boiled and sliced), or juiced.

Target: three or more servings per week when available.

Garlic

Garlic contains allicin and related sulphur compounds that improve endothelial function -- the health and responsiveness of the cell lining of blood vessels -- and

reduce arterial stiffness, directly supporting the circulatory infrastructure that erectile function depends on.[8] For men on atenolol or hydrochlorothiazide, whose pelvic blood flow is already under pharmacological pressure, consistent daily garlic intake adds endothelial-supportive benefit with zero drug interaction risk.

Target: two or more cloves daily, cooked into food. Already in every Nigerian pot -- this requires intention, not a new habit.

TIER 2 -- TESTOSTERONE SUPPORTERS | Prioritise weekly

These foods supply zinc and the micronutrients directly involved in testosterone synthesis.

Oysters, Periwinkle, and Shellfish

Oysters contain more zinc per serving than any other food. Zinc is the critical micronutrient for testosterone synthesis -- its depletion causes testosterone to drop measurably, and its restoration in deficient men causes testosterone to rise significantly. Nigerian coastal and riverine communities have always eaten shellfish as a staple. Periwinkle (isawuru), crabs, and clams are zinc-dense and widely available along coastal and riverine markets. For men in inland cities, dried periwinkle is available in most large markets.

Target: one or more shellfish-containing meals per week.

Eggs, Especially the Yolk

Eggs contain zinc, vitamin D, and cholesterol -- and cholesterol is the direct biochemical precursor from which all steroid hormones including testosterone are synthesised. The Leydig cells in the testes need cholesterol to begin the testosterone production process. Vitamin D from egg yolks is relevant because vitamin D deficiency is associated with lower testosterone levels in multiple population studies. Men on metformin, who already face testosterone pressure from enzyme inhibition, particularly benefit from consistent egg intake. Avoid discarding the yolk -- the nutritional benefit described here is concentrated in the yolk, not the white.

Target: two eggs daily, including the yolk.

Pumpkin Seeds -- Egusi

Pumpkin seeds are among the most zinc-dense plant foods available. They also contain magnesium, which helps maintain free testosterone levels by reducing its binding to SHBG (sex hormone-binding globulin), keeping more testosterone available to the body's tissues. Egusi soup made with generous seeds -- not just as flavouring but as a substantial ingredient -- is a functional testosterone-support meal.

Target: egusi soup two or more times per week; or a handful of whole seeds as a snack.

TIER 3 -- CIRCULATION AND VASCULAR HEALTH | Weekly use

These foods reduce vascular inflammation and support the integrity of blood vessel walls.

Dark Chocolate -- 70%+ Cocoa

Dark chocolate contains flavonoids -- particularly epicatechin -- that support endothelial health by stimulating nitric oxide production and reducing the oxidative stress that damages blood vessel walls.[9] This applies specifically to chocolate with 70% or higher cocoa content. Milk chocolate contains far too much sugar and too little flavonoid to produce this effect and is actively counterproductive for men managing blood sugar.

Target: 20-30g of 70%+ dark chocolate daily. Available in supermarkets in Lagos and Abuja.

Fatty Fish -- Titus, Mackerel, Catfish

Omega-3 fatty acids from fatty fish reduce vascular inflammation through multiple documented mechanisms -- reducing inflammatory cytokines, improving endothelial function, and lowering triglycerides that contribute to arterial plaque. For men with diabetes and hypertension, chronic low-grade vascular inflammation is a sustained driver of progressive circulatory impairment. Titus mackerel is specifically among the richest omega-3 sources available in Nigeria.[10]

Target: two or more portions of fatty fish per week.

Citrus Fruits -- Oranges, Tangerines, Lemons

Citrus provides vitamin C and flavonoids that protect the endothelial lining of blood vessels from oxidative damage. Vitamin C also supports nitric oxide synthesis and improves iron absorption from plant foods -- relevant for men with fatigue from a heavy medication load.

Target: one fresh citrus fruit or freshly squeezed juice (unsweetened) daily.

TIER 4 -- ANTI-INFLAMMATION FOODS | Daily use

Chronic inflammation drives both vascular erectile dysfunction and diabetes progression. These foods reduce it consistently at food doses.

Turmeric: Contains curcumin, a compound with well-documented anti-inflammatory effects at the level of blood vessel walls. Add to soups, stews, and rice dishes. One teaspoon in cooked food daily is practical and effective at a food dose.

Tomatoes: Rich in lycopene, a powerful antioxidant with specific documented benefit for male reproductive health. Lycopene is more bioavailable from cooked tomatoes than raw -- tomato stew and tomato-based sauces, which form the base of most Nigerian cooking, are the optimal preparation format.

Onions: Contain quercetin, an anti-inflammatory compound that also independently supports nitric oxide production. Already used as a cooking base in virtually every Nigerian dish -- more onion, used more intentionally, is all that is required.

Ginger: At food doses -- a thumb-sized piece in morning tea or cooked into meals -- ginger's anti-inflammatory and circulation-supporting properties apply continuously throughout the day. Its presence in Nigerian cooking makes it the most natural entry point in this entire list.

References

[5] Cormio L et al. Oral L-citrulline supplementation improves erection hardness in men with mild erectile dysfunction. *Urology*. 2011; 77(1): 119-122. 50% vs 8.3% on placebo (p less than 0.01).

[6] Ro.co. 12 Foods That Boost Nitric Oxide for Erectile Dysfunction. 2026. Citing nitric oxide increase within hours of dietary nitrate consumption.

[7] Kroll JL et al. Acute ingestion of beetroot juice increases exhaled nitric oxide in healthy individuals. *PMC/Nutrition and Metabolism*. 2018. n=38; 21.3% NO increase within 45-90 minutes.

[8] GoodRx Health. Garlic for Erectile Dysfunction. 2023. Citing allicin, endothelial function, and arterial stiffness research.

[9] Ro.co. 12 Foods That Boost Nitric Oxide for Erectile Dysfunction. 2026. Citing dark chocolate flavonoid and endothelial health research.

[10] Omega-3 fatty acids and vascular inflammation: established nutritional science base across multiple systematic reviews.



SECTION THREE

The Foods to Reduce

This section is not a list of forbidden foods. It is a list of foods that work directly against the biological pathways this guide is building -- and an honest explanation of why. The framing is reduction, not elimination. Consistent reduction over weeks and months matters more than occasional perfection.

Refined Sugar and Sugary Drinks

Excess refined sugar is, for men managing blood sugar and erectile function simultaneously, among the most counterproductive dietary habits possible.

The mechanism has two distinct pathways. The first is hormonal: when you consume refined sugar, your pancreas releases insulin to manage the resulting glucose spike. Chronically elevated insulin suppresses testosterone production. A 2026 narrative review in the journal *Exploration of Medicine* found that acute glucose ingestion triggers hyperinsulinemia associated with transient reductions in circulating testosterone of approximately 20-30%, while chronic high-sugar intake promotes insulin resistance and sustained hormonal disruption.[11] The second pathway is vascular: consistently high blood sugar damages the endothelial lining of blood vessels over time -- the same lining that produces nitric oxide. For men on metformin already managing blood sugar, adding a diet heavy

in refined sugar compounds the very vascular damage the medication is attempting to prevent.

Primary targets for reduction in the Nigerian context:

- Malt drinks (Maltina, Supermalt, Amstel Malt) -- commonly consumed as a healthy choice, but a standard 330ml can contains 35-40g of sugar. At daily consumption, this is a sustained hormonal and vascular liability.
- Soft drinks -- Fanta, Pepsi, Coke. Reducing to occasional use -- once or twice per week at most -- is a meaningful change.
- Heavily sweetened zobo -- zobo made without sugar, or lightly sweetened with a small amount of honey, retains its antioxidant properties from hibiscus. Commercial preparation with several tablespoons of sugar defeats most of that benefit.
- Sweetened pap and custard -- when prepared with significant added sugar, these common breakfast foods contribute meaningfully to the daily refined sugar load.

Substitution goal: unsweetened alternatives -- plain water, unsweetened ginger tea, lemon water, natural zobo. These require a brief adjustment period, then become the default.

Processed and High-Sodium Foods

High sodium intake raises blood pressure and causes arterial stiffness -- the hardening and narrowing of blood vessel walls that directly limits blood flow, including to the penis. For men already on antihypertensive medication, a diet high in sodium is working against the medication's primary function. For men on beta-blockers whose pelvic blood flow is already reduced by the drug mechanism, adding dietary vasoconstriction from sodium is a compounding liability.[12]

Processed meats -- sausages, hot dogs, salted preserved fish stored in high sodium brine, corned beef -- are the primary concern. Beyond their sodium content, processed meats also contain saturated fats that promote arterial plaque formation and compounds that impair endothelial nitric oxide production through oxidative stress pathways.[13]

Fresh fish, fresh poultry, fresh beef, and beans are all preferable protein sources to processed meats for men managing blood pressure. Seasoning cubes used in moderation are part of Nigerian cooking and need not be eliminated -- but using fresh herbs, pepper, garlic, and ginger to carry more of the flavour load shifts the sodium balance meaningfully.

Alcohol

Alcohol at regular intake above one to two drinks per day directly suppresses testosterone production through liver-mediated enzyme disruption, increases the

conversion of testosterone to oestrogen, and causes rebound vasoconstriction in the hours after drinking. Beer specifically adds phytoestrogens from hops on top of these effects. For men building the vascular and hormonal environment this guide supports, keeping alcohol to strict moderation is not optional -- it is a core part of the dietary strategy. No more than one drink per occasion; two to three completely alcohol-free days per week minimum.

References

[11] Fantoni L et al. *Effects of sugar and confectionery consumption on serum testosterone levels in males: a narrative review. Exploration of Medicine.* 2026; April. *Acute glucose ingestion associated with 20-30% transient reductions in circulating testosterone; chronic high-sugar intake promotes insulin resistance and sustained hormonal disruption.*

[12] Gameday Men's Health. *Worst Foods for Erectile Dysfunction.* 2025. *Citing high sodium, arterial stiffness, and erectile function research.*

[13] Ro.co. *The Worst Foods for Erectile Dysfunction.* 2024. *Citing processed meat sodium content, saturated fat, atherosclerosis, and vascular endothelial injury research.*

SECTION FOUR

The 7-Day Performance Meal Plan

Every meal in this plan uses ingredients available in any Nigerian market. Every day contains at least one Tier 1 food (nitric oxide support) and at least one Tier 2 food (testosterone support). The plan is a guide, not a prescription -- meals can be swapped between days. Portions are not counted or weighed. The principle is pattern: eating the right categories of food, in the right frequency, over weeks and months.

DAY 1

Breakfast: Two boiled eggs with one fresh orange and unsweetened black tea or coffee

Lunch: Egusi soup with generous seeds, catfish, and a small portion of brown rice or one wrap of swallow

Dinner: Efo riro with uguwu, grilled titus fish, roasted plantain

Snack: Three slices of watermelon

Tier 1: Uguwu (efo riro), watermelon | Tier 2: Eggs, egusi seeds

DAY 2

Breakfast: Oats cooked in water with banana, two boiled eggs on the side

Lunch: Vegetable soup (ugwu and spinach) with periwinkle and swallow

Dinner: Peppered catfish with beetroot salad -- sliced raw beetroot with lemon, tomatoes, and onions

Snack: Handful of pumpkin seeds with one tangerine

Tier 1: Uguwu, spinach, beetroot | Tier 2: Periwinkle (zinc), pumpkin seeds

DAY 3

Breakfast: Akara with fresh tomato and pepper sauce and sliced orange

Lunch: Grilled titus mackerel with boiled yam and stewed tomato, onion, and garlic sauce

Dinner: Egusi soup with uguwu, stock fish, and brown rice

Snack: Watermelon slices or freshly blended watermelon juice (unsweetened)

Tier 1: Uguwu, garlic, watermelon | Tier 2: Egusi seeds

DAY 4

Breakfast: Moin moin with two boiled eggs and fresh orange

Lunch: Catfish pepper soup with a small portion of boiled plantain

Dinner: Stir-fried spinach with garlic and tomatoes, grilled chicken, boiled sweet potato

Snack: 20-30g dark chocolate (70%+ cocoa) with unsweetened ginger tea

Tier 1: Spinach, garlic | Tier 2: Eggs

DAY 5

Breakfast: Beans porridge with two boiled eggs

Lunch: Okra soup with fresh fish and ugwu, and swallow

Dinner: Beetroot and carrot salad with grilled titus fish, tomatoes, onion, and lemon dressing

Snack: Fresh orange and a handful of pumpkin seeds

Tier 1: Ugwu, beetroot | Tier 2: Pumpkin seeds, eggs

DAY 6

Breakfast: Vegetable omelette with two eggs, ugwu or spinach, onions, and tomatoes, with one orange

Lunch: Banga soup with periwinkle, fresh fish, and a small portion of swallow

Dinner: Brown rice with grilled mackerel, tomato stew with generous onion and garlic

Snack: Watermelon slices

Tier 1: Ugwu, garlic, watermelon | Tier 2: Periwinkle, eggs

DAY 7

Breakfast: Pap with minimal sugar, boiled eggs on the side, and one tangerine

Lunch: Efo riro with abundant ugwu and pumpkin seeds, stockfish, and brown rice

Dinner: Catfish stew with tomatoes, onions, garlic, turmeric, and ginger, served with boiled yam or plantain

Snack: 20-30g dark chocolate with unsweetened ginger tea, or watermelon

Tier 1: Ugwu, garlic, watermelon | Tier 2: Pumpkin seeds, eggs

Notes on the Meal Plan

Brown rice vs white rice: Brown rice has a lower glycaemic index than white rice, meaning it produces a slower, smaller insulin spike. For men managing blood sugar on metformin, this is a meaningful difference over daily consumption. The adjustment takes approximately two weeks, after which most men find it unremarkable. If unavailable or unaffordable, smaller portions of white rice with more soup and more fish achieves a similar glycaemic outcome.

Swallow: Swallow foods -- eba, amala, fufu, wheat -- are culturally central. The goal is not elimination but portion awareness. A smaller swallow portion with more soup and more fish is the performance-supportive adjustment. Amala and wheat-based swallow have a lower glycaemic impact than eba made from highly processed cassava flour.

Palm oil: Used in moderation across Nigerian cooking. Unrefined red palm oil contains vitamin E and beta-carotene. Two tablespoons in a full pot of soup is reasonable and not a dietary liability.



SECTION FIVE

The Performance Foods Quick Reference Card

Print or copy this page. Keep it in the kitchen or take it to the market.

WEEKLY SHOPPING LIST FOR PERFORMANCE	
-- Watermelon	-- Onions
-- Ugwu / fresh spinach	-- Ginger
-- Garlic	-- Citrus fruits (oranges, tangerines)
-- Titus mackerel or catfish	-- Beetroot (when available)
-- Eggs	-- Periwinkle or fresh shellfish
-- Pumpkin seeds (egusi)	-- Dark chocolate 70%+ (when accessible)
-- Tomatoes	-- Brown rice

DAILY MINIMUMS	WEEKLY MINIMUMS
----------------	-----------------

-- 2 cloves fresh garlic (cooked into food)	-- 2 or more servings of fatty fish (titus, catfish)
-- 1 citrus fruit (orange, tangerine, or lemon in water)	-- 1 or more serving of shellfish or periwinkle
-- 1 generous serving of leafy greens (ugwu or spinach)	-- 3 or more servings of watermelon
-- 2 eggs, including the yolk	-- 3 or more servings of beetroot (when available)
-- 1 serving of fish or seafood	-- 2 or more meals of egusi soup with generous seeds
-- Ginger: in morning tea or cooked into a meal	-- 4 or more meals containing ugwu or spinach

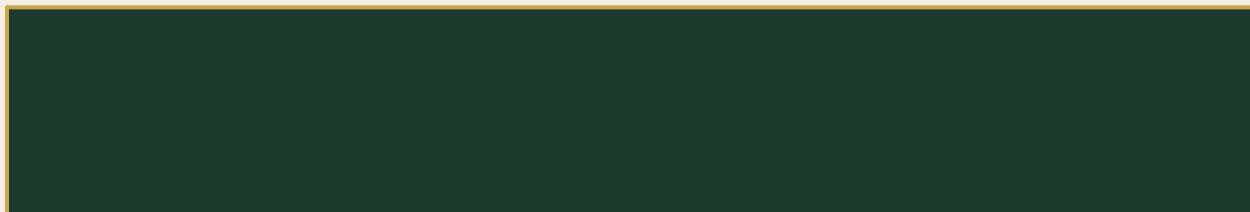
REDUCE CONSISTENTLY

-- Malt drinks and soft drinks: occasional, not daily

-- Processed meats (sausages, hot dogs): replace with fresh fish, eggs, beans

-- Excess added sugar in pap, zobo, tea: reduce gradually

-- Alcohol: no more than one drink per occasion; two to three alcohol-free days per week minimum



A FINAL WORD

The man who eats with intention is not the man who follows a strict diet for two weeks and abandons it. He is the man who, over months and years, consistently makes choices that tilt the balance in his body toward better circulation, better hormone balance, and better vascular health -- without drama, without deprivation, and without turning every meal into a medical exercise.

Every food in this guide is already in Nigerian markets. Most of it is already in Nigerian kitchens. What this guide offers is not new ingredients -- it is a new understanding of what the familiar ingredients are actually doing in your body, and a structure for using them with purpose.

The science is clear and the foods are accessible. What remains is only consistency.

Use this guide alongside *The Village Healer's Antidote* and *The Medication Survival Guide*. They address the same biological pathways from three different angles: the herbal protocol from within, the doctor conversation from the clinical side, and food from the daily foundation. Together, they give you the most complete natural support available for what you are managing.

Keep your medication. Eat with intention. Live fully.

mykross.online

SOURCES AND REFERENCES

All medical and nutritional claims in this guide are drawn from peer-reviewed research, major clinical databases, and established health authorities.

1. Ro.co. *12 Foods That Boost Nitric Oxide for Erectile Dysfunction*. 2026. Citing nitric oxide-endothelial dysfunction-ED pathway research and the dietary nitrate-nitrite-NO conversion mechanism.
2. Prasad AS et al. Zinc status and serum testosterone levels of healthy adults. *Nutrition*. 1996; 12(5): 344-348. Young men on zinc-restricted diet for 20 weeks saw testosterone fall from 39.9 to 10.6 nmol/L. Elderly deficient men given zinc supplementation over 3-6 months saw testosterone rise from 8.3 to 16.0 nmol/L.
3. Healthline. *Zinc and Erectile Dysfunction*. 2023. Noting that hydrochlorothiazide and ACE inhibitors can reduce zinc levels as a secondary medication effect.
4. HealthMatch. *Does Metformin Cause Erectile Dysfunction?* 2022. Citing metformin's inhibition of StAR protein and the testosterone steroidogenesis pathway in Leydig cells.
5. Cormio L et al. Oral L-citrulline supplementation improves erection hardness in men with mild erectile dysfunction. *Urology*. 2011; 77(1): 119-122. 50% of men on L-citrulline vs 8.3% on placebo achieved erection hardness score improvement from 3 to 4 (p less than 0.01). All men who improved reported being very satisfied.
6. Ro.co. *12 Foods That Boost Nitric Oxide for Erectile Dysfunction*. 2026. Citing nitric oxide increase within hours of dietary nitrate consumption from leafy greens via the nitrate-nitrite-NO pathway.
7. Kroll JL et al. Acute ingestion of beetroot juice increases exhaled nitric oxide in healthy individuals. *PMC/Nutrition and Metabolism*. 2018. n=38 adults; 21.3% increase in nitric oxide markers within 45-90 minutes of consuming 70ml beetroot juice.
8. GoodRx Health. *Garlic for Erectile Dysfunction*. 2023. Citing allicin, endothelial function, and arterial stiffness research.
9. Ro.co. *12 Foods That Boost Nitric Oxide for Erectile Dysfunction*. 2026. Citing dark chocolate flavonoid (epicatechin) and endothelial health research.
10. Omega-3 fatty acids, vascular inflammation, and endothelial function: established nutritional science base across multiple published systematic reviews.
11. Fantoni L et al. Effects of sugar and confectionery consumption on serum testosterone levels in males: a narrative review. *Exploration of Medicine*. 2026; April. Acute glucose ingestion associated with 20-30% transient reductions in circulating testosterone; chronic high-sugar intake promotes insulin resistance and sustained hormonal disruption.
12. Gameday Men's Health. *Worst Foods for Erectile Dysfunction*. 2025. Citing high sodium, arterial stiffness, and erectile function research.
13. Ro.co. *The Worst Foods for Erectile Dysfunction*. 2024. Citing processed meat sodium content, saturated fat, atherosclerosis, and vascular endothelial injury research.

FULL LEGAL DISCLAIMER

The Performance Foods Guide for Men on Medication is an educational guide intended for general informational purposes only. It does not constitute medical advice, a medical diagnosis, a personalised dietary prescription, or a treatment plan. Nothing in this guide should be interpreted as a claim that any food, meal, or dietary pattern will cure, prevent, or treat erectile dysfunction, low testosterone, high blood pressure, Type 2 diabetes, or any other medical condition.

The nutritional information and research references cited in this guide are provided for educational context and transparency only. Citation of a study does not constitute an endorsement that its findings are definitive, universally applicable, or regulatory-approved. The foods and meal plans described have not been evaluated by the Nigerian National Agency for Food and Drug Administration and Control (NAFDAC), the United States Food and Drug Administration (FDA), or any equivalent regulatory body as treatments for any medical condition.

Do not stop, reduce, skip, or modify any prescribed medication based on anything in this guide. Your prescribed medications are managing serious medical conditions. This guide is designed to work alongside your medication, not to replace or challenge it.

If you have Type 2 diabetes, speak with your doctor or a registered dietitian before making significant dietary changes, particularly changes that may affect your blood sugar management. Some dietary changes can interact with blood sugar levels and medication dosing in ways that require clinical monitoring.

The 7-day meal plan in Section 4 is a general guidance framework only. It is not a personalised clinical nutrition plan. Calorie requirements, macro-nutrient needs, and food tolerances vary significantly between individuals based on age, body weight, activity level, and medical history.

The author and publisher accept no liability for any adverse outcome resulting from the use or misuse of the information contained in this guide. Medical and nutritional knowledge evolves and the reader is encouraged to verify key facts independently and to rely on the guidance of their own qualified healthcare providers.

Your medication keeps you alive. This guide is intended to help you live fully. Never mistake one for the other.

THE PERFORMANCE FOODS GUIDE FOR MEN ON MEDICATION

What to Eat Every Week to Restore Blood Flow, Rebuild Testosterone, and Support Your Body Naturally

mykross.online | Copyright MyCross Health. All rights reserved.